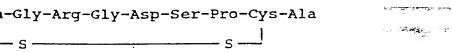
- 1. A method of synthesizing an Arg-Gly-Asp-containing ligand for a member of the Arg-Gly-Asp-receptor family, comprising combining an Arg-Gly-Asp sequence with an additional chemical structure so as to conformationally restrict the stereochemical structure of said Arg-Gly-Asp sequence.
 - 2. The method of claim 1 wherein said conformational restriction is effected by forming a cyclic peptide through a bridge between amino acids surrounding the Arg-Gly-Asp; sequence.
 - 3. The method of claim 2 wherein said bridge is a disulfide bridge.
 - 4. The method of claim 2 wherein said bridge is a peptide bond.
 - 5. The method of claim 1 wherein said conformational restriction is effected by inserting the Arg-Gly-Asp containing peptide into a helical structure.
 - 6. The method of claim 5 wherein said helical structure is a triple helix.
 - 7. The method of claim 5 wherein said helical structure is an alpha helix.
 - 8. The method of claim 1 wherein said conformational restriction is effected by providing the Arg residue in the D form.
 - 9. The method of claim 1 wherein said conformational restriction is effected by combining an Arg-Gly-Asp-containing peptide with an additional chemical moiety.

- 10. The method of claim a wherein said additional chemical molety is a D-serine at the carboxy terminus of said Arg-Gly-Asp sequence.
- 11. The method of claim 9 wherein said additional chemical moiety is a phenylalanine at the amino terminus of the Arg-Gly-Asp sequence.
- 12. The method of claim 9 wherein said additional chemical moiety is a peptide.
 - 13. A product made by the process of claim 1.
- 14. A method of increasing the specificity of an Arg-Gly-Asp-containing ligand for a member of the Arg-Gly-Asp receptor family comprising combining an Arg-Gly-Asp sequence with an additional chemical structure so as to conformationally restrict the stereochemical structure of said Arg-Gly-Asp sequence in such a way that the affinity of the Arg-Gly-Asp binding site sequence for a particular receptor is enhanced.
 - 15. The method of claim 14 wherein said conformational restriction is effected by forming a cyclic peptide through a bridge between amino acids surrounding the Arg-Gly-Asp sequence.
 - 16. The method of claim 15 wherein said bridge is a disulfide bridge.
 - 17. The method of claim 15 wherein said bridge is a peptide bond.
 - 18. The method of claim 14 wherein said conformational restriction is effected by inserting the Arg-Gly-Asp containing peptide into a helical structure.
 - 19. The method of claim 18 wherein said helical structure is an alpha helix.

- 20. The method of claim 18 wherein said helical structure is an alpha helix.
- 21. The method of claim 14 wherein said conformational restriction is effected by providing the Arg residue in the D form.
- 22. The method of claim 14 wherein said conformational restriction is effected by combining the Arg-Gly-Asp containing peptide with an additional chemical moiety.
- 23. The method of claim 22 wherein said additional chemical moiety is a D-serine at the carboxy terminus of said Arg-Gly-Asp sequence.
- 24. The method of claim 22 wherein said additional chemical moiety is a phenylalanine residue at the amino terminus of the Arg-Gly-Asp sequence.
- 25. A composition of matter comprising an Arg-Gly-Asp-containing peptide and an additional chemical structure combined so as to restrict the stereochemical structure of the Arg-Gly-Asp sequence.
- 26. A peptide containing the sequence $-R_1-R_2-Arg-Gly-Asp-R_3-R_4-$ in which R_2 comprises about 0 to 5 amino acids and R_3 comprises about 0 to 5 amino acids and wherein R_1 and R_4 are amino acids connected by a bridge.
- 27. A stabilized peptide including the cell attachment promoting sequence Arg-Gly-Asp in which the Arg-Gly-Asp sequence is conformationally restricted.
- 28. The stabilized peptide of claim 27 wherein the cell attachment promoting Arg-Gly-Asp sequence is conformationally restricted by forming a cyclic peptide through a bridge between amino acids surrounding the Arg-Gly-Asp sequence.

- 23. The stabilized peptide of claim 28 wherein said bridge is a disulfide bridge.
- 20. The stabilized peptide of claim 28 wherein said bridge is a peptide bond.
- 31. The stabilized peptide of claim 27 weherein said conformational restriction is effected by inserting the Arg-Gly-Asp-containing peptide into a helical structure.
- 32. The stabilized peptide of claim 31 wherein said helical structure is a triple helix.
- 33. The stabilized peptide of claim 31 wherein said helical structure is an alpha helix.
- 34. The stabilized peptide of claim 27 wherein said conformational restriction is effected by combining the Arg-Gly-Asp containing peptide with an additional chemical moiety.
- 35. The stabilized peptide of claim 34 wherein said additional chemical moiety is a D-serine at the carboxy terminus of the Arg-Gly-Asp sequence.
- 36. The stabilized peptide of claim 34 wherein said additional chemical moiety is a phenylalanine residue at the amino terminus of the Arg-Gly-Asp sequence.
- 37. The stabilized peptide of claim 34 wherein said additional chemical moiety is a peptide.
- 38. A method of inhibiting attachment of cells in culture to a substrate comprising the steps of:
- a. providing a stabilized peptide of claim 27 in solution; and
- b. contacting said cells in culture with said stabilized peptide in solution.

- 39. A method of promoting sell attachment to a substrate comprising the steps of:
- a. immobilizing the peptide of claim 27 on a substrate to form a stabilized peptide-associated substrate; and
 - b. exposing free cells in culture to said stabilized peptide-associated substrate.
 - 40. A cyclized peptide comprising the sequence Gly-Pen-Gly-Arg-Gly-Asp-Ser-Pro-Cys-Ala



41. A peptide having cell binding activity containing one or more of the following sequences:

Arg-Gly-Asp-NH₂;

Phe-Arg-Gly-Asp-Ser-Pro;

Gly-Arg-Gly-Asp-Ser-Phe; or

Phe-Arg-Gly-Asp-Ser-Phe.

- 42. A cyclized peptide comprising the sequence Gly-Pen-Gly-Glu-Arg-Gly-Asp-Lys-Arg-Cys-Ala
- 43. A cyclized peptide comprising the sequence Gly-Arg-Gly-Asp-Ser-Pro-Asp-Gly
- 44. A cyclized peptide comprising the sequence Gly-Pen-Gly-His-Arg-Gly-Asp-Leu-Arg-Cys-Ala